

Cyber protect advice

Further advice and guidance can be given by
your local cyber protect team. Contact us at
nerccuprotect@durham.police.uk

North East

ROCU

Regional Organised Crime Unit Network



Cyber top tips



Passwords

Create passwords using three random words. You can add uppercase letters, numbers and symbols to make it more secure.

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2FA

Where available turn on Two Factor Authentication (2FA) on any accounts that offer it.



Updates

Always update your software as soon as you're prompted to ensure it remains safe and secure.



Back ups

Regularly copy your important information to external storage like external hard drives, USBs or cloud storage.



Antivirus

Most systems have antivirus built in. These check everything coming into your device and will alert you if it tries to infect your system.



Phishing

Never click on unverified links or attachments. Report all phishing attempts to report@phishing.gov.uk or text 7726



Social media

Be careful who can see what you share online, ensure your privacy settings are set to a high level.



How to report

Report all fraud and cyber crime to [action fraud](https://www.actionfraud.police.uk).
www.actionfraud.police.uk 0300 123 2040